

Dinner:

Pomegranate Glazed White Fish with Crispy Brussels Sprouts

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

2 teaspoons brown sugar

½ teaspoon salt

¼ teaspoon potato starch or cornstarch

4 filets fish, boneless, skin on

Freshly ground black pepper, to taste

¼ cup pomegranate molasses, store bought or homemade

1 teaspoon canola oil

Pomegranate seeds and mint for garnish

Method of Preparation:

1. Preheat oven to 300 degrees.
2. In a small bowl, mix together brown sugar, salt and potato/corn starch. Pat fish dry and rub flesh side evenly with brown sugar mixture. Sprinkle with black pepper.
3. Heat canola oil in skillet over medium high. Place the fish skin side up and sear for 2 minutes till dark crust forms.
4. Remove skillet from heat. Transfer fish to an oven safe greased baking sheet. Brush each flesh side of filet with 1 tablespoon of pomegranate molasses.
5. Let cook for 8-12 minutes, until internal temperature reaches 125.
6. Serve filets hot from the oven with fresh pomegranate seeds and mint, if desired.
7. Serve with roasted Brussels sprouts.



If making homemade pomegranate molasses:

4 cups pure 100% pomegranate juice

⅔ cup sugar

⅓ cup freshly squeezed lemon juice

Method of preparation:

1. In a small saucepan over medium heat, simmer pomegranate juice, sugar and lemon juice.
2. Stir to dissolve sugar. Simmer for about 60 minutes, stirring every ten minutes until reduces by 75%, about 1 cup of molasses. Don't let it thicken too much or it will harden when it cools.

Nutritional Analysis:

Calories: 597

Carbohydrates: 78 g

Sodium: 392 mg

Protein: 26 g

Fat: 25 g

Fiber: 1 g